

## Arts & Crafts

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC • Instructor: Jean Pratt Beouy  
Location: PKCC

8 classes • No class 5/25

Resident \$130 / Non-Resident \$156

Mon	6–9pm	April 6–June 1	44729
Mon	6–9pm	June 8–July 27	44730

3 classes • Resident \$49 / Non-Resident \$59

Mon	6–9pm	Aug 3–17	44731
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### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

Supply list available at PKCC

Instructor: Jean Pratt Beouy • Location: PKCC • 8 classes  
Resident \$130 / Non-Resident \$156

Tue	5:30–8:30pm	May 5–June 23	44733
Tue	5:30–8:30pm	June 30–Aug 18	44734

### Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC

Instructor: Louise Arntson • Location: PKCC • 4 classes  
Resident \$30 / Non-Resident \$36

Wed	10am–12pm	April 1–22	44735
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For additional day time art classes,  
see page 67

### Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC • Instructor: Louise Arntson  
Location: PKCC • 4 classes Resident \$30 / Non-Resident \$36

Wed	1–3pm	April 1–22	44736
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### Jewelry Making

In this class, students will learn the fundamental techniques through step-by-step instruction. Students will learn and develop essential techniques from basic beading to metal smith through various projects. After 6 weeks, students will be able to create their own handmade earrings, necklace, bracelet, knotting, wire-wrapping beaded jewelry, simple metal smith and chain maille jewelry. This class is an ideal opportunity for students to learn a range of techniques and have solid time to concentrate on creating beautiful jewelry. Each lesson, they will bring home a couple of their own creations with satisfaction. No prior experience necessary. Intermediate level of students are also welcomed to refresh their skills.

Class offered in partnership with the Kirkland Arts Center

• Supply list available [www.kirklandartscenter.org](http://www.kirklandartscenter.org)

Location: PKCC • 6 classes • Resident \$98 / Non-Res. \$118

Thur	6–9pm	April 16–May 21	44933
Thur	6–9pm	July 9–Aug 13	44934

### Ikebana

#### The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Location: PKCC • Fee for floral materials \$32 paid to instructor on first day of class

• Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class

Location: PKCC • Instructor: Diane Elliott  
4 classes • Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	April 1–22	44875
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## Photography

### Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner’s manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD. Included in the topics to be covered are:

- Correcting red eye
- Optical & digital zooming
- Default, mode & resolution settings
- When to use ISO, F/Stop, and Shutter Speed settings
- The mystery of megapixels—capturing vs printing
- How to meter correctly for proper exposure
- Software for optimizing & editing your photographs
- Storing, organizing, & displaying your digital photos
- Digitizing your older film slides and prints
- Traveling with your digital camera
- Photo composition and light balance.

Duke Coonrad, is an award winning photographer & has over 30 years of photography experience. His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Wed	6:30–9:30pm	April 15	44809
Tue	6:30–9:30pm	Aug 18	44810

# Adult Special Interest

## Music

### Beginning Guitar Turbo Charged!

#### 12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument*

*Instructor: Scott Lawson • Location: NKCC • 8 weeks*

*No class 5/25 • Resident \$98 / Non-Resident \$118*

#### Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 13–June 8	45552
Mon	5:15–6:15pm	June 22–Aug 10	45554

#### Ages 16 years to Adult

Mon	6:30–7:30pm	Apr 13–June 8	45553
Mon	6:30–7:30pm	June 22–Aug 10	45555

### Voice Overs— Now is your time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you've been looking for!

*Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train. Location: NKCC*

*Resident \$37 / Non-Resident \$44*

Tue	6:30–8:30pm	May 12	45615
Tue	6:30–8:30pm	July 28	45616

## Language

### French For Adults

#### Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

*Instructor: Frederique Battestini of Polly-Glots*

*Location: NKCC*

*Spring 9 weeks • No class 5/23*

*Resident \$151 / Non-Resident \$181*

Sat	11am–12pm	Apr 18–June 20	45617
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*Summer 6 weeks • Resident \$101 / Non-Resident \$121*

Sat	11am–12pm	July 11–Aug 15	45618
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### Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Van Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class*

*Location: PKCC • 5 classes • Resident \$38 / Non-Res. \$46*

Mon	1:30–3pm	April 13–May 11	44876
Mon	1:30–3pm	June 1–29	44877
Mon	1:30–3pm	July 13–Aug 10	44878

### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

*Location: PKCC • 5 classes • Resident \$38 / Non-Res. \$46*

Wed	1:30–3pm	April 8–May 6	44880
Wed	1:30–3pm	May 20–June 17	44881
Wed	1:30–3pm	July 1–29	44882

## Computers

### Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

*Location: PKCC • 2 classes • \$5 lab fee per class is collected at time of registration • Participants must provide their own iPad*

*Sr-Resident \$26 / Sr Non-Resident \$31*

*Non-Sr Resident \$40 / Non-Sr Non-Resident \$48*

Fri	8:45–10:45am	May 8–15	44884
Fri	8:45–10:45am	July 31–Aug 7	44886



### One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$30 / Non-Resident \$36*

*\$5 lab fee per class is collected at time of registration  
Advanced registration required, call 425.587.3360*

**Windows 8 classes now available!**  
See page 70 for more details.

## Special Interest



### Home Buyers Workshop

Whether you're a First Time Home Buyer, upgrading or looking for an Investment, it's important to learn the market. Come get all of your questions answered and learn the ropes of purchasing. This class is facilitated by both a Mortgage and a Real Estate professional. Find out why home inspection, appraisals and home owner insurance is important. Discuss what the Title and Escrow process is. Learn how to make intelligent choices in budgeting for a home and determine how much you qualify for.

*Instructor: Kim Prater • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Mon	7-9pm	April 13	44935
Mon	7-9pm	June 15	44936
Mon	7-9pm	Aug 10	44937

### Master Money Management—Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Mon	6:30-8:30pm	June 15	45681
Sat	9:30-11:30am	July 18	45682

### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. The instructor is a therapist and life skills coach who brings a broad range of tips & tricks for managing stress and anxiety.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$17 / Non-Resident \$20*

Mon	6:30-8:30pm	May 18	45676
Sat	9:30-11:30am	Aug 15	45678

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your focus, losing weight and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. The instructor is a therapist and ADHD/Executive skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$17 / Non-Resident \$20*

Sat	9:30-11:30am	May 30	45679
Thur	6:30-8:30pm	Aug 6	45680



## Juanita Friday Market

**Fridays, 3pm to 7pm, JUNE 5 - SEPT. 25**  
Shop local every Friday at Juanita Beach Park.

**Live Music Every Week!**

**JUNE**  
 5<sup>th</sup> Opening Day & Kid's Day  
 26<sup>th</sup> Small Business Fair

**JULY**  
 3<sup>rd</sup> Kid's Day  
 31<sup>st</sup> Health Fair

**AUGUST**  
 7<sup>th</sup> Kid's Day  
 28<sup>th</sup> Health Fair

**SEPTEMBER**  
 4<sup>th</sup> Kid's Day  
 25<sup>th</sup> Last Day & Community Fair









For more event details, visit us online [www.kirklandwa.gov/JuanitaFridayMarket](http://www.kirklandwa.gov/JuanitaFridayMarket).



# Adult Special Interest

## DOG TRAINING

Companion Animal Solutions is excited to offer dog training for owners with a busy lifestyle.

### Group Dog Training w/ Dogs

If your dog doesn't do well around other dogs, sign up for private training as an alternative.

*Instructor: Peggy Adams Myers • Location: PKCC • Resident \$39 / Non-Resident \$47*

<b>Walk with Me</b>	Does your dog drag you down the street? Learn how to get your dog to focus on you and make walking with your dog enjoyable.	April 1 • Wed 7:30-8:30pm	44905
<b>Introduction to Dog Tricks</b>	Have fun learning to teach tricks to your dog. We will cover the basic principles for teaching your dog to do any trick—from the most simple to the most complex.	May 6 • Wed 7:30-8:30pm	44906
<b>Settle Down!</b>	Some of the most common behavior problems can be dealt with by teaching your dog to settle down. Learn how to get your dog to calm down and settle in one spot.	May 27 • Wed 7:30-8:30pm	44908
<b>Come When Called</b>	Does your dog think twice when they hear "Come!", or even run in the opposite direction? Learn 5 simple rules to make your dog come running when you call.	June 10 • Wed 7:30-8:30pm	44909

## Private One-on-One Dog Training

**NEW!** Would you and your dog benefit from a little extra time with a trainer? These one-on-one classes can be custom built to meet your training needs and goals.

*Instructor: Peggy Adams Myers • Location: PKCC  
Resident \$60 / Non-Resident \$72*

Wed	6:30-7:25pm	April 1	44889
Wed	6:30-7:25pm	April 8	44890
Wed	7:30-8:25pm	April 8	44891
Wed	6:30-7:25pm	April 22	44892
Wed	7:30-8:25pm	April 22	44893
Wed	6:30-7:25pm	May 6	44894
Wed	6:30-7:25pm	May 13	44895
Wed	7:30-8:25pm	May 13	44896
Wed	6:30-7:25pm	May 20	44897
Wed	7:30-8:25pm	May 20	44898
Wed	6:30-7:25pm	May 27	44899
Wed	6:30-7:25pm	June 3	44900
Wed	7:30-8:25pm	June 3	44901
Wed	6:30-7:25pm	June 10	44902
Wed	6:30-7:25pm	June 17	44903
Wed	7:30-8:25pm	June 17	44904

## Training Seminar without Dogs

**NEW!** For hands-on help with your dog after a seminar, sign up also for an hour of private training.

### Reactive Rover

In this seminar, learn why dogs bark and lunge at other dogs, people, etc. when on leash. Learn to tell when your dog is getting ready to react and techniques to help stop trouble before it starts using scientific principles of canine learning.

*Instructor: Peggy Adams Myers • Location: PKCC  
Resident \$39 / Non-Resident \$47*

Wed	7-8:30pm	April 29	44910
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